

# RENEWING A THOUGHT WORKSHEET

Philippians 4:4-9

Rom 12:2; Ja 4:6

S  
T  
O  
P

What happened or is happening?

← *Be brief* →

What did I do or am I doing in response, overall?

F  
O  
C  
U  
S

What was/am I thinking and feeling?

*Please formulate thinking into individual thoughts. Ask the Lord for help to think clearly, be honest, and then turn!*

(Acknowledge and turn quickly to **The Lord who is at hand** (Phil 4:5))

P  
R  
A  
Y

**Make your request:** What can I ask Jesus for? (Phil 4:6)  
*(forgiveness, help, and/or a desire w/ an open hand?)*

**With thanksgiving:** What can I thank Jesus for? (Phil 4:4; 6)  
*(about Him, my prayer, my relationship to/with Him, or the situation-make this relative to your thoughts)*

T  
A  
R  
G  
E  
T

What is my bottom-line thinking to renew with God's help (Rom 12:2)? *(only one complete thought/belief from above).*

*Circle topics in your thought and place each below under Topics/Beliefs (add more related topics if necessary).*

**Think on these things** (Phil 4:6):

TOPICS/BELIEFS <i>(From Above)</i>	BIBLICAL TRUTH/REALITIES <i>God's Character, Promises, Commands, Perspective, &amp; Gospel Realities (Phil 4: 8; Rom 12:2)</i>	SCRIPTURE <i>Write Verses Out Complete on Back If Needed</i>

A  
S  
S  
A  
U  
L  
T

Anything I need to confess (Ja 4:6)? *(beliefs, thoughts, actions—not trusting Him, like Him, nor Glorifying to Him?)*

Did I want or “need” something more or rather than God himself & pleasing Him? What? *(This may indicate a prevailing Idol or false refuge to forsake.)*

My New Thought (Phil, 4:8; Rom 12:2): *(Make it a prayer and thankful, hopeful, trusting holy. Include Scripture. Attack the old thought. Make it God and other's focused like Jesus.)*

*Transfer all your new thoughts to an index card for review and future need on the spot.*

Once I have reviewed and used the above for a week or two, what phrase and verse might act as a watershed to the right heart and right thinking?

Am I committed to renew the old thought w/ the new one in the future each time (Phil 4:8; Rom 12:2)? ☐

**What you've learned, and received and seen in me, do:** Is there anything God would want me to DO about the situation to obey, or to improve or to change it (Phil 4:9)?

If So, what (v. 9)?

**TO RENEW A THOUGHT** (Based on Phil 4:4-9, Eph 4:22-24)  
(When overcome by emotions, circumstances or temptation)

1. Stop and focus—be aware of what you are thinking (and believing, and/or doing), in reference to the circumstances...remembering *the Lord is at hand* (Phil 4:5).
2. Pray (turn to the Lord Jesus)—*Make your request known with thanksgiving* (Phil 4:6)
3. Assault wrong thinking (Truth)—*Think on these things*. (Phil 4:8—take inventory, estimate, conclude) God's Character, Promises, God's perspective, gospel realities, commands, Christlikeness
4. Repent of the old, put on the new, repeatedly— [Keep on thinking] on these things.
  - Be *renewed in the spirit of your mind*...God glorifying, and hope, joy, gratitude and obedience producing thoughts (Eph 4:23)
  - and put on the new self, created after the likeness of God* (Eph 4:24)
  - What you have learned and received and heard and seen in me, practice [do] these things* (Phil 4:9)

Consider also:

1Tim 4:7—*Exercise yourself unto godliness*

Col 1:29 —*For this purpose also I labor, striving according to his power, which mightily works within me.*

2 Cor 9:8 —*And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work.*

John 15:5 —*...for apart from Me you can do nothing*

Ps 105:4 —*Look to the Lord and His strength; seek His face continually.*